

# Give blood

**YOU'VE GOT  
IT IN YOU!**

**Friday February 21<sup>st</sup>, 2014  
SEQUOIA HIGH SCHOOL  
GYM**

**10:30 am to 4:30 pm**

**(Closed 12:30p-1:30p)**

*For information and to sign up contact  
Chrissy, Lizz or Jennifer.*

*Any first time donor age 16 or 17 will need a blood  
center permission form.*

*Please eat and drink prior to donating.*

***Give blood, Get cookies, Save a Life!***

*For Health eligibility questions contact the  
ClinicalProgram@PSBC.org or call 1-800-DONATE-1 ext. 2543*



**Puget Sound  
Blood Center**

**1-800-DONATE-1  
www.psbc.org**